



Vietnam and Cambodia: Mekong, Local Markets & Secluded Islands

8 days, Ho Chi Minh City to Phnom Penh

Trip code AVSPHW

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Ho Chi Minh City Street Food Crawl, Ho Chi Minh City
- Motorbike tour including Hang Pagoda and Sam Mountain
- Chau Doc market
- Kep market walk
- Tour of Monivong Bokor NP
- Tour of Chambok Community with traditional lunch
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing October 15th, 2021 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Ho Chi Minh City

Arrive at any time, and choose to kick back at the hostel, or head out to explore the city before meeting up with fellow Roamies in the evening. Hungry? Let's head out on a street food walk sampling the best of local dishes and delicacies Ho Chi Minh City has to offer. Delish!

The welcome moment begins at 17:00. Please ensure you arrive at the joining hotel by then to ensure you do not miss the meeting and the included activity afterwards.



Meals included

Dinner



Accommodation

Phan Anh Backpacker (or similar)

Hostel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Follow your CEO on a delicious street food crawl through the bustling streets of Ho Chi Minh City. Sample a range of local dishes and delicacies that will off the best tastes of Vietnam.

Day 2

Ho Chi Minh City/Châu Đốc

Ready to hit the road? Catch your private ride to Chau Doc in the famed Mekong delta then let's go full on local! Jump on the back of a motorbike and explore. Zoom up to the mysterious Hang Pagoda on the slopes of the mountain and mix with the many pilgrims who visit here. It's time to get zen—inhal the ever-burning incense, observe the rituals and dissolve into the background of chanting and temple bells. After, ride up to Sam Mountain and gaze in awe at the stunning views of the sunset over the surrounding delta. No need to pinch yourself, you really are here!



Meals included

Breakfast



Accommodation

Little Saigon Hostel (or similar)

Hostel



Today's Activities

Private Vehicle

Ho Chi Minh City - Châu Đốc

6h30m-7h

220km

Settle in and scan the scenery from the convenience of a private vehicle.

Sam Mountain Excursion by Motorbike

Châu Đốc

Enjoy a thrilling excursion to sacred Sam Mountain and Hang (cave) Pagoda by motorbike. Hang Pagoda, built between 1840 and 1845 sits on the slopes of the mountain and is a National Historical monument. The pagoda is a mysterious place which is revered by locals for its legends of a connection to the afterlife. Continue on to the summit of Sam Mountain (284m), a very sacred place with almost 200 temples, pagodas, hermitages scattered about. At the peak there are stunning views from the summit. Here you'll watch the sunset over the rice fields and rivers below.

Day 3

Châu Đốc/Kampot

Up late with your mates? Shake it off as today it's on! Hop in for a sunrise boat trip and watch the river come alive. Next, stop at a small village and fish farm before your visit to Chau Doc Market where you will see vendors selling all manner of wares, food, and drinks—feel free to grab a tea or hot noodles! Tired? No worries you can catch a nap on the drive to the Cambodian border before heading to the fishing village of Kep. Follow in the footsteps of the legendary Anthony Bourdain and explore the famous seafood market. Your CEO will pick the best crabs pulled directly from the sea and you'll dine on pepper crab on the spot. It doesn't get any more real than this. Ready for some down time? Us too—let's head to the hostel in Kampot and kick back for a bevvie (or three.) Cheers!



Meals included

Breakfast | Lunch



Accommodation

Bamboo Bungalow (or similar)

Hostel



Today's Activities

Chau Doc Market

Châu Đốc

Enjoy a sunrise boat trip on the Bassac River around the markets of Chau Doc. Wave at the fishermen, children on the way to school, and locals making their way to the work or market. We also make a stop at a fish farm and small Cham village before hopping off to visit Chau Doc Market.

Private Vehicle

Châu Đốc - Kampot

4h30m-5h

160km

Settle in and scan the scenery from the convenience of a private vehicle.

Border Crossing (Vietnam - Cambodia)

Tinh Bien - Phnom Den

Ready for a little more ink in your passport? Get ready to cross another country off your bucket list.

Kep Market Visit with Lunch

Kep

Visit Kep, a small seaside town which is renowned for its seafood, specifically crabs. Follow your CEO through the bustling Kep crab/seafood market showcasing all manner of seafood. After a bit of exploration, your CEO will find the freshest crabs available (often pulled directly from crab pots in the ocean). We'll then connect with a local cook who will prepare the famous pepper crab in the traditional style for us to enjoy for lunch.

Day 4

Kampot

Freedom! Today is all yours to explore the sleepy town of Kampot. Looking to chill? That's easy—wander along the river and jump in for a swim, take a yoga class or hang at the hostel with your new-found friends. Want a bit more activity? No problem, your CEO has lots to suggest. Spice things up with a visit to a pepper farm, explore the countryside on a tuk tuk tour or sit back with a beverage on a sunset river cruise. Just don't forget to catch up on your posts—EVERYONE is waiting to see what you do next. Enjoy!



Meals included

Breakfast



Accommodation

Bamboo Bungalow (or similar)

Hostel



Today's Activities

Free Time

Kampot

The day is yours! Relax at the hostel or choose from a variety of activities such as cycling, swimming, tours and boat cruises.



Optional Activities - Day 4

Rabbit Island Excursion

Kampot

Visit this undeveloped tropical island to enjoy beautiful white sand beaches. Walk the island's perimeter passing beaches and mangroves along the way (about 3 hours).

Kampot Pepper Farm Tour

Kampot

Take a tour of an authentic pepper farm and learn about the growing, harvesting and export process. This isn't just any pepper—Kampot peppercorns are considered the finest in the world.

Sunset Cruise

Kampot

Kick back, relax, and enjoy the water views on this peaceful cruise into the sunset.

Cycle Tour

Kampot

Join the tour and hop on a bike – it's one of the best ways to see Kampot and the countryside.

Tuk Tuk Tour

Kampot

15USD

Join the tour and hop on a tuk tuk – it's one of the best ways to see Kampot and the countryside.

Ready for adventure? Head out to Monivong Bokor NP, a wild area known for its palace ruins overtaken by nature and spotted with stunning works of graffiti. Your CEO will lead you around this bizarre contrast of lush jungle and ruins, and jaw dropping coastal views. Now, are you ready for the beach? Of course you are! Travel to Serendipity pier and catch a ferry to the remote island of Koh Rong. Drop your bags at the hostel and head directly to the beach. Searching for paradise? Guess what, you're already there.

Please note that during monsoon season (between June to October), this itinerary may be subject to change based on weather conditions. If heavy rains and flooding prevent our boat from safely travelling to Koh Rong island, we will provide alternate activities and accommodations in a nearby town.



Meals included

Breakfast



Accommodation

Mad Monkey Koh Rong (or similar)

Hostel



Today's Activities

Monivong Bokor National Park Visit

Kampot

Take a tour of beautiful Monivong Bokor National Park. Here we'll visit the nature-reclaimed ruins of Damnak Sla Khmao, the former King's residence that was used between the 50s and 60s. The palace has fallen into ruin and is covered with stunning works of graffiti. It also offers a stunning viewpoint of the surrounding Bokor Hill, home to thousands of butterflies. Also visit the abandoned church at Bokor Hill Station which was built by the French and is now covered in orange moss. Walk to the top of Bokor Hill Station at 1048 metres above sea level to Wat Sampov Pram. Built by King Monivong it is the highest Pagoda in Cambodia. If we're lucky, we'll have clear views across the Gulf of Thailand and the Preah Monivong National Park.

Private Vehicle

Kampot - Sihanoukville

2h30m-3h

130km

Settle in and scan the scenery from the convenience of a private vehicle.

Ferry

Sihanoukville - Koh Rong

1h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Free Time

Koh Rong

Welcome to paradise. We recommend you head directly to the beach—enjoy!

Day 6

Koh Rong

Trust us, Koh Rong Island is one of those places you'll talk about for years; the island boasts pristine white sandy beaches, warm crystal-clear ocean waters, a hot tropical climate, and is off the beaten track. No need to pinch yourself, yes—you really are here. This is the island of your dreams and you'll have the entire day to enjoy it. Dive into the calm waters of the Gulf of Thailand, then stretch out and catch some rays. Feel free to chill in a hammock under a palm with a cold drink. No matter what angle you snap your pic, it's absolute perfection. You totally deserve this!



Meals included

Breakfast



Accommodation

Mad Monkey Koh Rong (or similar)

Hostel



Today's Activities

Free Time

Koh Rong

Enjoy a full free day to chill out on the beach, explore or do a little snorkelling. This is the day you've been waiting for—enjoy!

Day 7

Koh Rong/Phnom Penh

Jump back on the ferry to the mainland and swing by a few small villages that make up the Chambok community. We'll set you up with a local guide to get an insider's peak at daily life in these rural villages. Feeling hungry and creative? The local women will get you sorted with a delicious Khmer lunch and then teach you how to make traditional necklaces and bracelets—perfect souvenirs to bring home for your friends. Ready for the big city again? Excellent, as your last stop is Phnom Penh with fantastic nightlife to dive right into. Are you ready to party? Dumb question.



Meals included

Breakfast | Lunch



Accommodation

Pooltop Phnom Penh (or similar)

Hostel



Today's Activities

Ferry

Koh Rong - Sihanoukville

1h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Sihanoukville - Phnom Penh

4h-5h

230km

Settle in and scan the scenery from the convenience of a private vehicle.

Chambok Community Visit and Lunch

Chambok

Visit a small village in the Chambok Community and enjoy a traditional Khmer meal prepared by the women of the region. After lunch a local guide will explain the history of the communities, and we'll visit some of the nearby villages that make up the Chambok Community. Meet some of the local residents and learn more about how they live and work in a rural village. You'll also meet a group women who will teach you to make traditional handicrafts using natural materials from the surrounding forest.

Say goodbye to your Roamies and depart at any time, or keep the adventure going by heading north to Siem Reap and the iconic temples of Angkor Wat on the next leg of this epic adventure.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Ho Chi Minh City Street Food Crawl, Ho Chi Minh City
- Motorbike tour including Hang Pagoda and Sam Mountain
- Chau Doc market
- Kep market walk
- Tour of Monivong Bokor NP
- Tour of Chambok Community with traditional lunch
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Sample street food in bustling Ho Chi Minh City, Explore Sam mountain and Hang cave Pagoda by motorbike, Slurp noodle soup from a floating vendor, Snap selfies at the moss-covered ruins in Monivong Bokor NP, Bake on the whitesand beaches of Koh Rong island

What are the main highlights of this trip?

Sample street food in bustling Ho Chi Minh City, Explore Sam mountain and Hang cave Pagoda by motorbike, Slurp noodle soup from a floating vendor, Snap selfies at the moss-covered ruins in Monivong Bokor NP, Bake on the whitesand beaches of Koh Rong island

Is there a disclaimer I should read before booking this trip?

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Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

1. COMBO TRIP

Please note that this tour combines with other Roamies tours. As such, the staff and some travel companions on your tour may have previously been traveling together on Roamies, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another tour, after your trip concludes.

2. HOTELS

In some major cities in Vietnam, many hotel rooms do not have windows.

3. PROOF OF EXITING VIETNAM

Important thing to note for our travellers arriving into Vietnam, and travelling onwards with G Adventures to neighbouring counties (i.e. Cambodia & Laos). When you are checking onto your international flight heading to Vietnam, you will often be asked by airline ticket counter personnel to provide a proof of exit from Vietnam.

In respect to this requirement, we encourage our travellers to print out a copy of their tour vouchers, along with a PDF copy of their Tour Details from the webpage. These references, along with entry and exit details on travellers Vietnam visa should be sufficient information.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to see and do, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 24, Avg 16.

What meals are included in this trip?

7 breakfasts, 2 lunches, 1 dinner

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, motorbike, boat, ferry, walking.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hostels (7 nts)

What kind of accommodation can I expect on this trip?

Accommodation will be primarily in multi-share hostels (typically 6-8 people per room), with a choice of mixed gender and female-only dorms as well as available upgrades to twin-share rooms (same gender).

Some rooming exceptions may apply due to the unique nature of the itineraries and of the hostels themselves, which have been specifically chosen to give local flavour to your trip. Please see the full itinerary description and the Rooming Exception section below for specific exceptions to the rooming that may apply to this tour.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Tan Son Nhat International Airport (SGN): Go to column no. 9 for individual and to column no. 10 for group.

Please note there is a common scam at the airport for non-G Adventures' drivers to pretend they are working for the company. It is very important to confirm your name and booking number with your airport transfer representative.

If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 at 5 pm, where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Ho Chi Minh City Airport Transfer complications, please call our local G Adventures Transfer provider directly at: +84 88 844 9969.

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

24/7 emergency number:

From outside Thailand: +66 92 338 9222

From within Thailand: 092 338 9222

G Adventures Local Representative (Vietnam)

Ms. Thuan

Emergency number: +84 88 844 9969

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What instructions should I follow at the finishing point?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should I take on my trip?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Vietnam:

If you require a visa for Vietnam, they need to be arranged ahead of time (BEFORE your trip) as the processing time varies (minimum 2 weeks) and they are not available upon arrival.

Vietnamese E-Visa can be applied for [here](#)

Entry to Vietnam with an eVisa is supported at 13 airports, 16 land borders, and 13 seaports - details can be found [here](#)

Cambodia:

Visas can be obtained in advance from your local embassy or on arrival in Bangkok (if your tour begins in Thailand). You will need at least one full working day to arrange this. You can also obtain your visa at the Cambodian border or Siem Reap Airport for approx. \$30 USD. Please have *at least* 2 passport photos with you as well.

If you enter Cambodia via Phnom Den border from Vietnam, you're requested to apply visa on arrival only (e-visa is not applicable for this border).

If you are arriving into Cambodia by air/plane, please complete the Cambodia e-Arrival form online before arrival.

Complete within 7 days of arrival, even if your visa has already been granted.

For more information and to complete the e-Arrival form, we kindly request the you visit the [Cambodia e-Arrival](#) page.

** please note, the Cambodia E-system may not be available at land borders. If your arrival point is by land, you will be required to fill in a paper form on arrival. **

Information is accurate as of September 1st, 2025.

How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

During this tour the local currencies you will use are the Vietnamese Dong, US Dollar, and Cambodian Riel. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies.

The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals.

USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix.

Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

Departure Tax is included in all International and Domestic tickets.

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Kampot

- Rabbit Island Excursion
- Sunset Cruise
- Tuk Tuk Tour (15USD per group)
- Kampot Pepper Farm Tour
- Cycle Tour

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Are there any things I should be aware of?

As Vietnam embraces capitalism with open arms it is also falling victim to some of the problems of the West. Some parts of city centres are now a favourite hangout for pickpockets. If doing some exploring on your own carry only the necessary minimum with you and use a well-hidden money belt. Valuables, including your passport, should be left in the hotel safe - organize this at reception. There is no need to get paranoid, just be cautious.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.